

# The Living Word of the Buddha

The Buddha's Teachings in the Oldest Texts

Translations, essays & notes by Piya Tan ©2013

## Volume 41

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*Samatha and vipassana work together like the two wings of a flying bird*

Suttas: <http://dharmafarer.org>

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SUTTADISCOVERY41

Samatha & vipassana

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**THE MINDING CENTRE**, based in Singapore, is part of Piya Tan’s Dharma ministry. It was founded in 2006 to provide Dharma-based non-religious service to those in need of counsel and solace. It also serves as a haven and hub for those seeking Dharma by way of meditation and education, Sutta study and translation, and spiritual experience. The Centre also supports and promotes Piya Tan in his full-time Buddhist and related work.

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**THE SUTTA DISCOVERY SERIES** is part of the Living Word of the Buddha project which aspires to encourage and facilitate Buddhist Studies, both in a Dharma-inspired and academic manner for personal development as well as outreach work on a local and global scale. The Minding Centre and the Living Word of the Buddha project are motivated and guided by the vision of mere Buddhism.

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(Aṭṭha Dāna Sutta, A 8.31/4:236)*

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Sutta translations: <http://dharmafarer.org>

As people today become more aware of Buddhism, many seek the simple original teachings of the Buddha. For over two decades now, Piya Tan has been inspired by this ideal of “mere Buddhism.” In this connection, he has set up the Minding Centre and Pali House.

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*A still centre in life's storms*

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On Vesak Day, 12<sup>th</sup> May, 2006, Pali House was born, fulfilling Piya's long-time dream for living space that is spacious, quiet and conducive for his Dharma work.

- Pali House has one of the most complete set of early Buddhist scripture (texts and translations).
- The translating of the early Buddhist scripture in the **Sutta Discovery** series is done at Pali House.

Pali House is possible through the generosity of the Buddhist community and various individuals like yourself who have generously and regularly contributed to Piya Tan's work. He is doing full-time lay Dharma work without any salary. As such, your continued support will greatly help our Dharma work.

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The most direct way to learn Buddhism is to read and live the Pali suttas which contain some of the oldest records we have of the Buddha's teachings. As we search these scriptures, we will discover ourselves amidst their stories, teachings and practices, and even take a first step towards spiritual awakening.

This series will also help you **learn and master the Pali Canon**: to locate suttas, teachings and stories, and have an idea of how Suttas are transmitted and translated. Wherever feasible, comparative studies are made between the Pali, Sanskrit and Chinese (Āgama) versions of the suttas. Although a very basic knowledge of Buddhism (Five Precepts, etc) is helpful, no knowledge of these languages is required for this course. This class is suitable for beginner and mid-range level.

The Sutta Discovery (SD) series started with **the NUS Buddhist Society** weekly Sutta Study Group (SSG) classes in February 2002, and **the Buddhist Fellowship** SD series started in February 2003. These classes are still running today. This is a small record for an ongoing activity, especially Sutta study.

**Piya Tan**, who works on these Suttas and notes, and teaches them, was a former **Theravada monk** for 20 years. Today he is a full time lay Dharma teacher specializing in early Buddhism. He was consultant and regular lecturer to the Buddhist Studies Team (BUDS) that successfully introduced **Buddhist Studies in Singapore Secondary Schools** in the 1980s. After that, he was invited as a visiting scholar to **the University of California at Berkeley, USA**. He has written many ground-breaking and educational books on Buddhism (such as *Total Buddhist Work*) and social surveys (such as *Buddhist Currents* and *Charisma in Buddhism*).

As a **full-time Dharma teacher**, he runs Buddhist, Sutta and Pali classes like the basic Pali course series, the Sutta Study Group (NUSBS), Dharma courses (the Singapore Buddhist Federation), Sutta Discovery classes (Buddhist Fellowship and elsewhere), and Sutta-based (including meditation) courses (Brahm Education Centre), besides his own full-time **Pali translation and research project**, the Pali House, and doing a comparative study of the Pali Nikāyas and the Chinese Āgamas. As a Theravāda monk, he learned insight meditation from **Mahasi Sayadaw** himself in the 1980s. As a lay teacher, he learned forest meditation from the **Ajahn Brahmavamso**. He has run numerous **meditation courses and retreats** for students and adults (including non-Buddhists) since 1980s. In 1992, he taught meditation at the University of California at Berkeley, USA, and also to BP, JPMorgan, the Defence Science Organization, GMO, HP and SIA. He is doing all this for the love of Dharma and of Ratna and their two children.

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Non-religious

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- Meditation can heal the mind and body
- Meditation helps increase attention span & productivity
- Meditation keeps the mind healthily active as we age (neuroplasticity)

## COURSE INSTRUCTOR: PIYA TAN

- meditation therapist; 63 years old; a monk for 20 years
  - has taught meditation for over 30 years
  - has taught at the Univ of California @ Berkeley, Defence Science Organization, GMO, SIA, HP, Hitachi, JPMorgan, BP, etc
  - mentor and meditation instructor to various executives and individuals
  - referrals from doctors, social workers, etc
  - now translating and teaching early Indian texts on meditation and psychology
- Wiki Piya: [http://en.wikipedia.org/wiki/Piya\\_Tan](http://en.wikipedia.org/wiki/Piya_Tan)

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